

Barbara Lee Senior Center Newsletter • March-April 2009

Your Link to Living Well

Shall We Dance

1st Friday of Month • March 6 & April 3
1:30-3:30 pm

Come join your friends at the Senior Center for an afternoon of social dancing (varies with ballroom, line dance and folk dance). The type of dance may vary depending on the preference of the group majority. Donations for participating in this program will be accepted and all proceeds will benefit the Barbara Lee Senior Center and Senior Advisory Commission.



Asian New Year Celebration on January 23 at the Senior Center.

The Importance of Posture Presentation

Wednesday, April 1 • 10:30 am

Discover the connection between your posture and your pain. This dynamic presentation is highly interactive, giving you the chance to actually feel the exercises working. Chris Janke, founder of Functional Strength Training, will conduct the presentation and lead you in some basic exercises (standing or sitting), and answer your questions about posture alignment.

Free Vision Presentation & Screening Thursday, March 12

1:00 pm Presentation • 1:30-2:30 Screenings

Did you know that once you notice a loss of vision, it may be irreversible? Dr. Michael Furlong, a Board Certified Ophthalmologist, will speak about vision loss and how older adults are affected (why do those over 50 years need glasses to perform some/all of their daily tasks; Vision symptoms and medical conditions caused by aging; new technologies advancements that enable seniors to be glasses-free for 80-90% of their daily activities; typical costs involved in vision correction; and how to choose a good ophthalmologist and important questions to ask). After the presentation, free vision screenings will be done (measure your distance and near vision, determine if your glass prescription is accurate and up to date, determine if your medical history puts your vision at risk, recommend steps you should take to maintain your best possible vision, based on your personal situation). Appointments are required for the screening, and can be made at the Senior Center Front Desk.

Senior Center Staff

Jennifer Tagalog - Senior Center Supervisor
 Lynette Wilson - Program Coordinator
 Tesa Laird & Eva Ma - Customer Services Staff
 Lechi Nguyen - Case Manager
 Roseann Costabile - Nutrition Site Manager
 Italia Tiumalu - Food Server
 Eddie Clements - Facility Maintenance

Barbara Lee Senior Center

540 S. Abel Street, Milpitas, CA 95035

(408) 586-2775 • TDD (408) 942-3292 • Open: Monday-Friday, 9:00 am-4:00 pm

The Milpitas Senior Center welcomes all adults, fifty years and over. Effective January 1, 2009, a Senior Center Membership/Activity Card is required to participate in all programs (paid and drop-in), classes and trips with the exception of the Lunch Program, MUSDA Adult Education Classes and Bingo sessions. The fee is \$4.00 (\$3.00 for Milpitas residents) through the end of June 2009, and includes bi-monthly mailings of the Senior Connection Newsletter and discounts on some events and activities. Sponsored through the City of Milpitas Parks & Recreation Services Department www.ci.milpitas.ca.gov

Fair Housing Advocacy Services

Thursday, March 5 • 11:00 am

Milpitas Fair Housing and Landlord/Tenant Services, a program of Project Sentinel, offers Landlord/Tenant counseling and Fair Housing Advocacy services to property owners, managers and tenants in Milpitas. Dolores Beliso, the Fair Housing Coordinator from this agency, will come to the Senior Center to explain services available. The presentation includes: introduction to Project Sentinel, landlord and tenant rights and responsibilities and mediation services; background on the Fair Housing Act and laws; information about protected categories; an overview of disabled tenant housing rights; information on reasonable accommodations and modifications; and case samples.



Free Vial of Life Kits

Vial of Life Kits are available free at the Senior Center thanks to this free service of Stanford's Aging Adult Services. In an emergency, time is crucial. The Vial of Life Kit enables emergency responders to quickly locate helpful information regarding a person's medical history. Emergency responders, firefighters, paramedics, and police have been trained to look for the Life of Life sticker and obtain information from the Vial.

The Vial of Life is intended to provide community members with a method for storage of vital medical information in the home. The kit contains a medical information form, a vial to store the form and any Advance Directives and two stickers (one is on the vial and the other is placed on the upper right outside corner of the refrigerator). The vial should be stored in the top shelf of the refrigerator door.

A Vial of Life user completes the Medical Information Form with current information and puts it and any Advanced Directives in the vial. Individuals may request Advanced Directives and Pre-Hospital Do Not Resuscitate forms, or address any questions they may have to the number on the sticker, (650) 498-6312.

Thermometer Exchange Event

Tuesday, April 7 • 10:00am-1:00 pm

One single thermometer can pollute up to 5 million gallons of water and that creates a significant amount of pollution in our water bodies and wildlife thriving in the San Francisco Bay ecosystem. Come to the Senior Center on April 7 to exchange your old-fashioned mercury thermometers for a digital one free of charge and help prevent unnecessary pollution. In addition, you will receive educational material on pollution prevention from the City of San Jose, Environmental Services, Watershed Protection Department.



Emergency Drills

We want your visit to the Senior Center to be as safe as possible and our participants prepared in the event of an emergency. Staff may have Emergency Drills in the next few months. We will post notices a few weeks prior to the drills to announce them. Please contact us if you have any questions about our emergency drills.

Senior Center Parking

We realize that parking at the Senior Center is limited and an ongoing challenge, however, it is not safe to park in "No Parking" areas. If the Senior Center lot is full, please park on Main Street and walk through to our facility. Effective January 1, 2009, if you park in any "No Parking" zones, we will contact the Police Department to have your car cited. Thanks for your cooperation and keeping our parking lot safe for everyone.



Photocopies

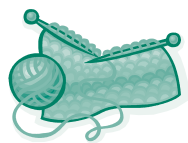
The Senior Center staff is unable to make personal photocopies for participants. We apologize for the inconvenience, however, below are some other options available nearby in Milpitas to assist with your photocopy needs:

- Kinkos (257 W. Calaveras Blvd., 946-2500); 11 cents per copy.
- Long's Drugs (45 N. Milpitas Blvd., 946-3600) 5 cents per copy.

Crochet & Knit

Mondays, 9:00-11:30 am

If you crochet and/or knit, this group is just for you! You'll be able to visit with others as you work on your projects. If you don't know how to, here's your chance to learn! We'll collect donations of fabric and yarn and turn them into blankets, lap robes, wheelchair bags, walker bags and hats. We'll then donate them to local hospitals and other charities. Questions? Call Joy Cox at (408) 432-1851, or the Front Desk at (408) 586-2775. **Activity Card membership is required.**



Newcomer's Welcome

Tuesdays • 10:30 am

March 10 & April 14

If you are new to our Center, we would like to take this opportunity to introduce you to the many services and activities that we offer. You will be given a tour of the center and complimentary coffee or tea. We look forward to meeting you. For more information, call the front desk at (408) 586-2775.



Birthday Celebration!

Tuesdays, March 17 &

April 21

The Barbara Lee Senior Center celebrates birthdays of our participants each month. Activity Card Holders and lunch program participants whose birthdays fall within these two months will receive postcards in the mail inviting them to attend our monthly Birthday Lunch. If you receive a postcard from us, please call in by the deadline so we can order you a lunch for that day! The Senior Center would like to thank David Jordan, Anna Hicks, Ophelia Clark, Jean Nelson and Edible Arrangements for their donations to our birthday celebrations!



Potluck Suppers

Please contact the Front Desk at (408) 586-2775 for information regarding future dinner events.

Local Shopping Trips

10:30-11:30 am • Thursdays

March 5 & April 2

For members who have limited transportation resources, the Senior Center bus will leave the Senior Center for you to shop at a local store (such as Big Lots, Dollar Store, Wal-Mart or Ranch 99) and return in time for our lunch program. There is no need to sign up. **Activity Card membership is required. Should there be less than 5 people signed in, the trip will be cancelled.**



Senior Center Idols

Fridays, 10:30 am

March 20 & April 17

Are you the next Senior Center "American Idol?" If so, come join us on the Friday listed each month to sing Karaoke and show us what you've got. We've got a song list of over 1,000 songs for you to choose from!



BINGO!

Cash Pots! Come Check it Out!

Multiple Sessions Offered!

- **Wednesdays, 1:00-3:00 pm**
- **1st Tuesday Night* Sessions: 6:00 pm on March 3 & April 7 (doors open at 5:00 pm, Snack Bar available)**

Come play with us! Minimum buy-in is \$5.00, which includes a Game Pack of 10 games, 6 cards per game. Additional packs can be purchased for \$4.00 each, and daubers for \$1.00 each. We'll also play a Special Game (\$1.00 each). Each player must buy their own game packs and retain their receipt for the day of play to collect game prizes (sorry, no splitting or sharing of packs).

Temperature

We strive to keep our facility between 68-72 degrees for the comfort of our members, however, everyone's preference on temperature varies. Please bring a jacket or sweater so you can put it on should you get cold, and take it off if you get hot.

2008 Income Tax Preparation

February 3-April 14

Tuesdays & Fridays • 9:00 am-1:00 pm

Seniors, 60 years and older and/or retired, may schedule appointments for tax assistance. To have your Income Taxes prepared, call the Senior Center after January 14 to schedule an appointment at (408) 586-2775.

Please bring the following 2008 documents with you to your appointment:

1. Copies of your **Tax Returns and supporting documents you filed for Year 2007.**
2. Your **Tax Forms & Instruction Booklets.**
3. Your **W-2 Forms** from each employer.
4. Your **1099-G Forms**, for Unemployment Compensation.
5. Your **SSA-1099 Forms**, for Social Security received.
6. All **1099 Forms** (1099-INT, 1099-DIV, 1099-R, 1099-MISC) for Interest, Dividends, Pensions, Annuity, IRA Distribution, and Miscellaneous Income received .
7. Your **Cost Basis and Acquisition Date** for the sale, or exchange, or Stocks, Bonds, etc., **Form 1099-B.**
8. Your record of **Withholding and Estimated Tax Payments (Forms 1040-ES and 540-ES).**
9. If you plan to **Itemize Deductions**, please bring a **consolidated list** of your Medical Expenses, Contributions of cash or goods, Tax Payments, Home Mortgage Interest Payments, and Miscellaneous deductions.

Mandarin-Speaking Programs

The following drop-in programs are offered at the Senior Center. These programs do not have registration fees, however, Senior Center membership is required. The instruction is in Mandarin. Translation is available upon request.

Chinese Folk Dance	Mon	9:45-10:45 am
Chinese Karaoke	Mon	1:00-3:30 pm
Chinese Opera	Mon	1:00-4:00 pm
Yuen Chi Dance	Tues	1:30-3:00 pm
Chinese Crafts	Wed	10:00-11:30 am
Ballroom Dance	Thur	1:30-3:00 pm
Calligraphy	Fri	9:30-11:00 am
Chinese Chorus	Fri	10:00-11:00 am

Computer Access

Monday-Friday, 9:00-4:00 pm

Do you need to research something on the internet or send a quick email to a friend or relative? Senior



Center members are able to use the two computers in the Senior Center's Library Room. The computers can be used for word processing and informational internet use. There is a 30 minute limit for computer use and is on a first come, first serve basis. When printing in the computer lab, the first 5 pages are free. Additional pages are 5 cents per page and are payable at the front desk. *Using the computer equipment at the Senior Center is a privilege - please limit your printing jobs to no more than 15 pages per day.* Please Note: Senior Center staff is not available for assistance with the computers. See computer lab for additional rules and regulations. Computer classes are not offered at the Senior Center but are available through Milpitas Adult Education. ***Please Note:** Access to computers may not be available on some days/times due ot other programs taking place in the same room. Activity Card membership is required.

Book Club

Tuesdays

10:30 am



Calling all book worms! If you are interested in joining the Senior Center Book Club, please contact the front desk for information on book selections and dates for discussion. The club is limited to 10 people per book, so early sign up is recommended. Activity Card membership is required.

Senior Center Game Room

The Milpitas Senior Center has a Game room with a Pool Table and Ping Pong Table. The tables are



available Monday-Friday to all Senior Center participants. You must place your name on the sign-up sheets that are posted on the walls and adhere to the time limits listed. Pool sticks, balls and ping-pong paddles are available for your use for free (although a deposit is required for some equipment due to excessive abuse). Activity Card membership is required.

Morning of Beauty

First Tuesday Each Month • 10:30-11:30 am

Are you interested in getting a beauty service (i.e. hair cut, facial, manicure or pedicure) done at a local beauty school, but have trouble getting there? Contact the Senior Center front desk at (408) 586-2775, and we'll take care of making the appointment and providing transportation. You are responsible for the payment on the day of your appointment. If you want to go on your own, Victoria Beauty College is located at 1350 S. Park Victoria Dr., Suite 37, and its hours are Mondays 9:00 am-2:00 pm, Tuesdays-Fridays, 8:00 am-9:00 pm, and Saturdays, 8:00 am-4:00 pm.

"Sit & Be Fit" With Us!

Monday & Thursday • 11:00-11:45 am

Come exercise with us using video tapes and gentle/non-threatening movements to stretch and tone muscles, improve balance and enhance the strength in your legs and arms. If you have limited mobility, these videos are perfect for you because they can be done while standing or sitting down! *Activity Card membership is required.*

Star Trackers!

The Star Trackers walking program allows Activity Card Members to track how far you walk each week with us, and receive incentive rewards as you reach certain mileage markers. Walk on Wednesdays and Fridays, at 10:30 am. Transportation is provided to the Great Mall for indoor walking during inclement weather. *Should there be less than 5 people signed in, walkers will walk around the Senior Center area. Activity Card membership is required.*



Cards, Mah Jong & Board Games

Do you like to play games? The Senior Center has several opportunities for you to play several games (Bocce/Lawn Bowling, Mah Jong, Scrabble, Backgammon, Checkers, Chess, Yahtzee and Dominos) and decks of cards available for you. *Activity Card membership is required.*

Spinach & Chicken Soup

32 fl oz fat free reduced sodium chicken broth
1 1/2 cup cooked chicken breast, diced
1 tsp lemon pepper seasoning
1 1/2 cup fresh chopped spinach

Mix the chicken broth, chicken and lemon pepper together in medium saucepan and bring to a boil. Continue cooking for 2-3 minutes while stirring in spinach leaves. Ladle into bowls and serve.

Thank You to Our Sponsors!

The Milpitas Senior Center would like to thank the following individuals and organizations for their support this past year in their support and sponsorship in our programs. They have provided money, services or supplies that have benefited our programs, and in turn, you.

Edible Arrangements • Anna Hicks
From the Heart Home Care • David Jordan
Ophelia Clark • Jean Nelson
Marilyn Millard & Christ Community Church
Milpitas (crocheted items)
Merrill Gardens at Fremont
Senior Advisory Commission

The Senior Advisory Commission Wants to Hear From Our Members

The Senior Advisory Commission (SAC) thanks those who have supported the Barbara Lee Senior Center at the following fundraising opportunities: HomeTown Buffet, Quiznos Subs, Red Brick Pizza, El Torito, Root Beer Floats at Milpitas Celebrates, and Gift Checks sales.

If you have any ideas on items that you would like to recommend the SAC purchase for the facility or programs, please contact the front desk at (408) 586-2775. The SAC is interested in hearing from the members. Wish list items will be presented to the SAC for review and consideration.

Milpitas Adult Education Class Offerings

The Milpitas Adult Education and the City of Milpitas Senior Center are co-sponsoring to offer English as a Second Language (Oral and Written Communication for Older Adults) and Drawing classes at the Barbara Lee Senior Center. Some classes are full, however, if you are interested in other class offerings at the Milpitas Adult Education, 1331 E. Calaveras Blvd., Building 400, feel free to contact them at (408) 635-2692.

Wednesday, March 25th, is the first day to register for new trips listed in this newsletter. Participants are limited to registering only one (1) additional person.

Date	Time	Trip	Cost	Deadline
March 10	10:30 am-3:30 pm	Treasure Island Fine Dining	\$3*	FULL
March 24	9:00 am-4:30 pm	Monterey Bay Aquarium	\$28	FULL
March 30	8:00 am-5:30 pm	Black Oak Casino	\$25	March 23
April 27	8:00 am-5:30 pm	Jackson Rancheria Casino	\$28	April 20
April 30	10:30 am-6:00 pm	Golden Gate Fields Horse Racing	\$30	April 23
May 5	10:00 am-2:00 pm	Hiller Aviation Museum	\$12	April 28
May 12	10:30 am-3:30 pm	Treasure Island Fine Dining	\$3*	May 15
May 18	8:00 am-5:30 pm	Thunder Valley Casino	\$26	May 11

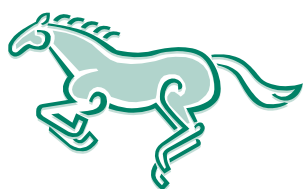
NEW!

**Milpitas Senior Center
Golden Gate Fields Horse
Racing**

Thursday, April 30, 2009

\$30.00* • 10:30 am-6:00 pm

A sure bet is a day of horse racing at Golden Gate Fields in Emeryville. This trip offers racing enthusiasts an opportunity to spend the day at the track in the comfort of the indoor Clubhouse and enjoy a fabulous buffet lunch. Trip includes admission, program lunch buffet and transportation. **Deadline is April 23, space is limited.**



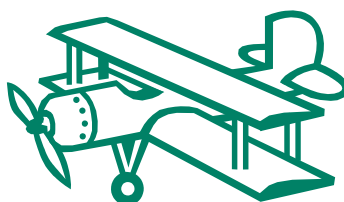
NEW!

**Milpitas Senior Center
Hiller Aviation Museum**

Tuesday, May 5, 2009

\$12.00* • 10:00 am-2:00 pm

A century of aviation history and a glimpse into the future of air travel are found at the Hiller Aviation Museum in San Carlos. Two large display areas feature vintage planes and future prototypes. Watch the restoration workshop restore aircrafts or sit behind a desktop simulator and learn to fly. Trip includes museum admission and transportation. **Deadline is April 28, space is limited.**



NEW!

**Milpitas Senior Center
Treasure Island Fine Dining**

Tuesday, May 12, 2009

\$3.00 Registration fee (+\$15 day of trip)

10:30 am-3:30 pm

Students at the Treasure Island Culinary Institute's dining room will again dazzle us with a fine meal on one of the most interesting islands in San Francisco Bay. What a view and what a meal! *\$3 fee is for transportation. \$15 (in exact cash) is due to the driver on the day of trip (cost of lunch, tax and gratuity). **Deadline is May 5, space is limited. This trip is extremely popular and usually fills up on the first day of trip registration!**



- Trips may be cancelled due to low enrollment. If trips are not rescheduled, a full refund will be issued.
- **Waiting List Policy:** If you register for a trip that is full, your name will automatically be placed on a Waiting List. If a space opens, we will notify you by telephone and payment will then be required.
- **Trip Refund Policy:** Refunds will not be issued for trip cancellations unless the seat is resold.
- **Casino Trips:** Participants returning to the bus late may be left and are responsible for their transportation home.
- **All trip participants must have a current Barbara Lee Senior Center Activity Card.**
- Trip participants with disabilities are encouraged to use Outreach and Escort or other means of transportation to get to and from the Barbara Lee Senior Center for trips. Senior Center staff is unable to provide participants rides to and from their homes.
- Participants will board the bus in the order of registration (exceptions are made for physical limitations).



Golden West Travel 2009 Casino Trips!

Are you ready to try your luck again? If so, so are we! Join in on these fun, one-day trips and play at the different Indian casinos this year. On the way to the casinos, we'll play BINGO on the bus! Please Note: Food may not be taken into the casinos. Driver gratuity will be collected on the trip. Casino Player Cards are required to receive machine plays and food discounts.

Trips depart 8:00 am. Approximate return is 5:30 pm **Deadline is 7 days prior to each trip.**

Black Oak Casino

Monday, March 30, June 29

\$26.00 per trip

Receive \$10 cash, \$5 Match Play coupon and 10% food coupon.

Jackson Rancheria Casino

Monday, April 27, July 27, September 28

\$28.00 per trip

Receive \$10 in cash back and \$2 food coupon.

Thunder Valley Casino

Monday, May 18, August 31,

\$26.00 per trip

Receive \$5 Table or Slot play and \$5 food coupon.

Golden West Travel's

Star Spangled Sparks 4th of July Trip

Friday-Sunday, July 3-5, 2009

\$214 Double occupancy; \$333 Single occupancy

Join Golden West Travel for a three day 4th of July Extravaganza in Sparks, Nevada! Enjoy a little gambling and the 5th Annual Star Spangled Sparks 4th of July Celebration on Victorian Square. On your way to Sparks, you'll enjoy a short stop in Cal Neva for some playing time. Once in Sparks, you'll lodge at the Nugget. On Saturday, you'll spend some time in the historic town of Virginia City and then back to Sparks for its 4th of July festivities & fireworks in Victorian Square. A detailed flyer is available at the Senior Center (or call to have one mailed to you). Please note: Trip participants are responsible for getting to and from the trip departure location (TBA), and this trip does not include an escort from the Milpitas Senior Center. **Payment can be turned into the Senior Center. Full payment is due Tuesday, May 19 (no refunds after this date.)**

Teacher Focus

Bal Daquigan got involved with playing the guitar after enrolling in guitar class at the Milpitas Adult Education. He learned under the direction of Mr. Aguilar for three



years and really enjoyed practicing and learning more about music. After the Milpitas Adult Education, Bal continued taking classes through the Milpitas Senior Center (when it was located on Main Street) and has been taking classes for over 10 years under the direction of Chris Shahin. In his spare time, Bal also teaches the advanced beginners guitar classes and has done so for over three years. In addition, Bal is involved in his choir at St. John's and also plays with his friends. He enjoys playing guitar while he sings because for him it is very relaxing. Bal has three grandchildren and enjoys playing guitar while his granddaughter plays the piano. Bal says, "If you are interested in learning how to play the guitar, make sure you learn how to read music and then you'll be on your way to learn and improve as a guitar player."

2-1-1 Phone Service

Did you know you can dial 2-1-1 for a free, non-emergency telephone service that connects you with hundreds of community services. You can find information on eldercare, counseling, health services and much more!

Sports Center Fitness & Aquatics Classes

1325 E. Calaveras Blvd. • (408) 586-3225

These classes are held at the Milpitas Sports Center and requires a Sports Center Fitness Pass or drop in fee (senior discounts available for Milpitas residents).

For more information, call (408) 586-3225

Arthritis Aquatics Mon/Wed 5:30 pm

Exercise Classes - Fit Over 50

Mon/Wed/Fri 9:15 am & 10:15 am

Feldenkrais Thursday 9:15 am

Hatha Yoga Wednesday 7:15 pm

Water Exercise Mon/Wed/Fri 6:45 am

Rusty Hinges Mon/Wed 4:30 pm

These classes are offered for your enjoyment and benefit. Class participants must be a current Barbara Lee Senior Center Activity Card Holder.

Class Payment Policy: Registration is on a first come, first serve basis, and full payment is required prior to attending the first class. Early registration is recommended due to the popularity of the classes. Refunds will not be issued to participants who miss scheduled classes. Class fees are calculated at \$1.25 per hour of instruction.

Waiting List Policy: If you register for a class that is full, your name will automatically be placed on a Waiting List. If a space opens, we will notify you by telephone.

Registration for the April session of classes begins 9:00 am, Monday, March 16. Please have your registration forms filled out prior to registering at the Front Desk.

ART CLASSES

Joy of Color - Oil Painting: This course teaches students to paint representative landscapes. You do not have to know how to draw to paint well. Using an innovative and proven technique, this course “re-educates” people who often believe they cannot learn perspective-based drawing. Each pupil will select and paint a unique picture, based on what is most appealing. Students must buy their own supplies. *Supply List available at Front Desk for new students.* Instructor: Doreen Walker.

#1957.804	Apr 20-May 18*	Mon	1:00-4:00 pm	\$18.75 (5 classes)	Sr Ctr Art Room
#1958.804	Apr 21-May 26	Tue	9:00 am-12:00 pm	\$22.50 (6 classes)	Sr Ctr Art Room
#1959.804	Apr 22-May 27	Wed	9:00 am-12:00 pm	\$22.50 (6 classes)	Sr Ctr Art Room
#1960.804	Apr 22-May 27	Wed	1:00-4:00 pm	\$22.50 (6 classes)	Sr Ctr Art Room

DANCE CLASSES

Ballroom Dance: Learn the Waltz, Foxtrot, Tango, Merengue, Rumba, Cha-Cha and East Coast Swing, including technique and posture. No need to have a partner since class will rotate partners. Come exercise your body, posture and mind for health reasons and have a good time as well. Advanced levels will be added to meet students needs. Instructor: Erlinda Sabado.

#1558.804	Apr 7-May 26	Tue	10:00-11:00 am	\$10.00 (8 classes)	Sr Ctr Dance Rm
#1559.804	Apr 7-May 26	Tue	11:00 am-12:00 pm	\$10.00 (8 classes)	Sr Ctr Dance Rm

Intermediate Line Dancing: Continue your skills of County-Line dancing in this intermediate level class. Prior Line Dance experience is needed. This is a great class to learn and stay in shape. Instructor: Connie Kasik

#1555.804	Apr 10-May 29	Fri	10:00-11:00 am	\$10.00 (8 classes)	Sr Ctr Dance Rm
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Tap Dance: This class is a great opportunity to keep moving, meet other people, and get some exercise. Instructor: Connie Kasik.

#1550.804	Apr 8-May 27	Wed	11:00 am-12:00 pm	\$10.00 (8 classes)	Sr Ctr Dance Rm
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MUSIC CLASSES

Guitar - Advanced Beginning & Intermediate Levels: Play the guitar by learning the cords and reading sheet music. The Adv. Beginning Guitar class is designed for students who have had some experience playing and offer basic guitar and key instruction. The Intermediate Guitar class is open to the more advanced guitarist and for those Adv. Beginners who are ready to move to the next level. Adv. Beginners or new Intermediate students wishing to register for the Intermediate class must schedule an audition with the Intermediate Guitar Instructor, prior to registering for the Intermediate class. The Intermediate class travels several times each session to perform at offsite locations.

Adv. Beginner (Level 2) - Instructor: Bal Daquigan

#1754.804	Apr 8-May 27	Wed	9:45-10:45 am	\$10.00 (8 classes)	Sr Ctr Class Rm
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Intermediate (Level 3) - Instructor: Chris Shahin

#1752.804	Apr 8-May 27	Wed	11:00 am-12:00 pm	\$10.00 (8 classes)	Sr Ctr Class Rm
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AARP MATURE DRIVING CLASSES

This mature driver's course is sponsored by the AARP. The 8-hour classroom course reviews the rules of the road and how aging affects your driving and safety on the road. Please note: The California Driver's Handbook is not reviewed in this class. Registration forms are available at the Senior Center, or by calling (408) 586-2775. Payment is required when registering (checks made payable to: City of Milpitas). Sign up early, space is limited. Class is held at the Milpitas Community Center, 457 E. Calaveras Blvd. **(*Please Note: Non AARP members need to pay an additional \$2 to instructor at first class).**

#5505.802 April 30-May 1 Thur-Fri 10:00 am-3:00 pm \$12.00* (2 classes) Community Ctr.

Adult Education Classes Offered at the Senior Center

Beginning/Intermediate Portrait Drawing: Learn proportions of the adult face, how to draw the features in front, three quarter and side views. Work will be done in pencil and charcoal. Bring an all purpose 11"x14" sketch pad, HB & 2B art pencils and a grey kneaded eraser. If you are interested, sign up at the Front Desk, or call (408) 635-2692. Instructor: Harriett McGuire *(No class April 20 & May 4)*

Mar 30-May 18 Mon 9:30-11:30 am Free, 60+yrs (\$79 under 60 yrs) 6 classes

Welcome to Our New Members

The Senior Center has had many new members recently! We'd like to take this opportunity to welcome those who have joined us since January 2009.

Amaya, Carlos	Fang, Wanqin	Lee, Tim	Siva, Dhanu
Bass, William	Fernandez, Rafael	Lew, David	Siva, Rajeswari
Briones, Jose	Gao, Xingfu	Li, Yanling	Sivasankaran, Namakkal
Carroll, Wayne	Gomes, Pet	Lin, Tai-Juei	Sivasankaran, Vimala
Chan, Anna	Gray, Linda	Lin, Yueh Yun	Sumida, Douglas
Chan, Maynard	Hang, Dan	Liu, Jiuying	Tao, Frank
Chang, Frank	Ho, Dominic	Liu, Kwojen	Thomas, Sophy
Chang, Lichen	Ho, George	Liu, Ming Sheng	Tai, Gary
Chang, Robert	Hong, Peter	Lu, Hsioh Chung	Tran, Thanh-Tam
Chang, Sherry	Hsiao, Hsi-Yuan	Mai, Lynette	Turner, Gwendolyn
Chen, Angela Pei-Ching	Hsieh, Piman	Maglielo, Sallye	Vu, Ngan
Chen, Tzong Cheng	Huang, Meng Guang	Mann, Diana	Wong, Sharlene
Cheng, Wei-Kang	Hwang, Sunny	Morehead, Denise	Wu, Bevan
Cheng, Yue Li	Hwang, Yei-Sheng	Nakagami, Sumi	Wu, Ying
Chia, Chen-Yi	Iu, Frank	Ng, Pak Sum	Xiao, Jian
Childs, Lucy	Jin, Di	Ngan, Yu	Xu, Xiao Xhong
Chiu, Lihang	Karamanaga, Minire	Nguyen, Kim	Yang, Bao Ji
Chiu, Yao Hao	Kong, Wing Kang	Ni, Shichang	Yang, Han Qiong
Dagelet, Zenaída	Koo, Lai Ying Fung	Ouyang, Hui Xian	Yang, Jean
Dang, Qui	Lai, Cynthia	Paek, Jay	Yang, Jui-Long
Dela Barra, Alberto	Lai, Peter	Pan, Tom	Yu, Mary
Dizon, Alejandro	Lam, Jennie	Shaffer, Yoshiko	Zhao, Xiu Yun
Erwin, Gail	Lee, Peter	Siapno, Isidoro	Zheng, Zhao Feng

Recreation Assistance Program (R.A.P.)

The City of Milpitas is able to provide financial assistance to participate in Milpitas Parks & Recreation Services programs, if needed. Each fiscal year (starting every July 1) the program provides to qualifying Milpitas residents up to \$150 per individual to participate in Milpitas Parks & Recreation Services activities. The Recreation Assistance Program (R.A.P.) is on a first come, first serve basis to families and individuals whom meet the HUD (Housing Urban Development) requirements. **For more information on the R.A.P. program, call the Program Coordinator at (408) 586-2775. All information is confidential.**

Case Manager Available Daily at the Senior Center

Lechi Nguyen, Case Manager, is available **by appointment only** weekdays to assist seniors and the disabled in the following areas: Housing, Social Security, SSI, Medicare, MediCal, transportation, in-home care needs, health care, legal and insurance assistance and more. The Case Manager can also help you to apply for the State of California refund for home owners and renters assistance.

The following priority is given for Case Manager Appointments*:

- 1) Milpitas Residents (members & non-members): appointments are available Monday-Thursday, 9:00 am-12:00 pm and 1:00-3:00 pm.
- 2) Non-Residents (members & non-members): appointments are available Fridays, 9:00 am-12:00 pm and 1:00-3:00 pm

*Effective September 2, 2008.

Seniors who need Case Manager assistance need to make an appointment by calling the Senior Center Front Desk at (408) 586-2775. Case Manager office hours: Monday-Friday, 9:00 am-12:00 pm and 1:15-2:45 pm. If you arrive late (15 minutes past your appointment time), your appointment will be rescheduled. **If you “Drop-in” to see the Case Manager, an appointment will be made for you to return at a later time.**

Assistance Programs Available

The Case Manager can assist low-income seniors in filling out and filing paperwork on several Assistance/ Discounted programs for low-income seniors who meet the income, age and residency requirements. To make an appointment, call (408) 586-2775.

- Home Energy Assistance Program (PG&E Gas/Electric Bill, total household income of \$1,838.50-\$4,666.79, depending on the number of people in the house)
- Low Income Senior Special Tax Exemption (through the Santa Clara Valley Water District, total income less than \$35,400/yr)

Services Available at the Senior Center

The following services are available at the Senior Center on a regular basis.

- Bart Tickets (\$9 for a \$24 valued ticket)
- Blood Pressure
- Bus Pass Sticker, \$20.00 per month. VTA Senior/ Disabled ID Cards are required to use the sticker. Upcoming photo sessions at the Senior Center are March 3 and May 5, 10 am-12 pm.
- Legal Services (SALA) 2nd & 3rd Wednesdays, 1-3 pm. Call (408) 586-2775 for an appointment.
- Outreach Transportation
- Sick Room Aides-Walkers, wheel chairs, etc.
- Tax Appointments (February-April 15)

Referral Information

- Medical/Food Stamps (408) 271-5600
- Outreach Transportation (408) 436-2865
- Lifeline 1-888-669-2273
- Social Security Office 1-800-772-1213
- Second Harvest Food Bank (408) 266-8866
- Housing Authority of Santa Clara County (408) 275-8770

The Council on Aging also provides For a complete listing of additional services in Santa Clara County, contact the Council on Aging at (408) 296-8290 or visit the website of www.siliconvalley.networkofcare.org.

Home Energy Assistance Program (HEAP)

Do you have difficulty paying your PG&E and are considered low-income? If so, the Home Energy Assistance program can help you. You must meet the following requirements:

Household Size	Income must be less than
1 person	\$1,838.50 per month
2 persons	\$2,404.20 per month
3 persons	\$2,969.89 per month
4 persons	\$3,535.58 per month
5 persons	\$4,101.28 per month
6 persons	\$4,666.97 per month

Please bring the following documents:

- Proof of income for the current year (for all members of the household)
- All pages of the current PG&E bill (not older than 30 days)

To make an appointment to have our Case Manager assist with your paperwork, call (408) 586-2775.

Senior Nutrition Program The Senior Center is a part of the Santa Clara County's Senior Nutrition Program for older adults. The Suggested Contribution is \$2.00 for Seniors 60 years of age and older. Guests are \$5.00 per person. Reservations are required to guarantee a lunch. Call us by 12:00 pm (Noon) the day before (or by noon on Friday for Monday lunches) to make your reservation. Lunch is served at 12:00 pm (Noon), please arrive no later than 11:45 am, or your lunch may be given away to someone on the waiting list. Those without reservation must be present to be placed on the waiting list. An Asian-style meal is available on Mondays and Thursdays as an alternate meal (listed in bold). Alternate meal choices offered daily include a sandwich, special Salad or Vegetarian Salad (refer to the weekly menu below. Milk is served each day (choice of Low Fat, Non-Fat or Chocolate.) * = **sodium (salt) exceeds 1,000 mg.**

MARCH

Alternate Lunches: Ham Sandwich, Chef Salad or Cottage Cheese & Fruit Salad

- 2 Rotisserie Style Chicken *or*
Fish with Mushrooms
- 3 Roast Pork with Gravy
- 4 Meatloaf with Gravy*
- 5 Baked Fish with Tartar Sauce *or*
Beef with Oyster Sauce*
- 6 Calif Chicken Salad Plate & Soup*

Alternate Lunches: Turkey Sandwich, Chinese Chicken Salad or Power Salad

- 9 Spaghetti with Meatballs *or*
Mushroom Chicken
- 10 Baked Chicken
- 11 Baked Fish with Tartar Sauce
- 12 Roast Turkey with Gravy* *or*
Pork with Tomato
- 13 Roast Beef & Cheese Sandwich & Soup*

Alternate Lunches: Roast Beef Sandwich, Beef Taco Salad or Cottage Cheese & Fruit Salad

- 16 **Baked Fish with Lemon Sauce* *or***
Mongolian Beef*
- 17 Corned Beef & Cabbage*
- 18 Oven Baked Chicken
- 19 Stuffed Green Peppers *or*
Black Pepper Pork
- 20 Salisbury Steak & Soup

Alternate Lunches: Ham Sandwich, Chef Salad or Cottage Cheese & Fruit Salad

- 23 Veal with Scallopini Sauce *or*
Chicken with Black Bean Sauce
- 24 Italian Herbed Chicken
- 25 Beef Mushroom Patty & Soup*
- 26 Roast Pork with Applesauce *or*
Fish with Mushrooms
- 27 Meatloaf with Gravy*

Alternate Lunches: Turkey Sandwich, Cobb Salad or Power Salad

- 30 Baked Fish with Tartar Sauce *or*
Broccoli Beef
- 31 Chicken Fajita with Cheese

APRIL

Alternate Lunches: Turkey Sandwich, Cobb Salad or Power Salad

- 1(Wed) Stuffed Cabbage Roll
- 2 Hot Roast Beef Sandwich & Soup* *or*
Pork Chop with Onion
- 3 Chicken with Supreme Sauce

Alternate Lunches: Roast Beef Sandwich, Chicken Pasta Salad or Cottage Cheese & Fruit Salad

- 6 Pork Cutlet with Gravy *or*
Curry Chicken
- 7 Orange Glazed Chicken*
- 8 Roast Turkey with Gravy
- 9 Cheeseburger* *or*
Garlic Chicken
- 10 Baked Fish with Tartar Sauce & Soup

Alternate Lunches: Turkey Sandwich, Santa Fe Chicken Salad or Power Salad

- 13 BBQ Pork Riblet & Soup* *or*
Beef Shank with Potato
- 14 Beef Swiss Style Patty
- 15 Roast Beef with Gravy
- 16 Baked Ham with Raisin Sauce* *or*
Tangerine Chicken
- 17 Chicken Stir Fry

Alternate Lunches: Ham Sandwich, Chef Salad or Cottage Cheese & Fruit Salad

- 20 Rotisserie Style Chicken *or*
Fish with Mushrooms
- 21 Roast Pork with Gravy
- 22 Meatloaf with Gravy*
- 23 Baked Fish with Tartar Sauce *or*
Beef with Oyster Sauce
- 24 Calif Chicken Salad Plate & Soup*

Alternate Lunches: Turkey Sandwich, Chinese Chicken Salad or Power Salad

- 27 Spaghetti with Meatballs *or*
Mushroom Chicken
- 28 Baked Chicken
- 29 Baked Fish with Tartar Sauce
- 30 Roast Turkey with Gravy* *or*
Pork with Tomato

1 (May) Roast Beef & Cheese Sandwich & Soup*

Senior Connection ...

Your Link to Living Well

Barbara Lee Senior Center News • March-April 2009

Upcoming Activities at a Glance

Mar 3: VTA Photos, 10 am-12 pm
Evening Bingo Session, 6:00 pm
Mar 4: Bingo, 1:00 pm (also on March 11, 18, 25)
Mar 5: Local Shopping Trip, 10:30 am
Speaker: Fair Housing Advocacy, 11:00 am
Mar 6: Wally's Rhythm Rascals, 10:30 am
Afternoon Dance, 1:30-3:30 pm
Mar 10 Treasure Island Trip
Newcomers Welcome, 10:30 am
Mar 12: Vision Presentation & Screening, 1:00 pm
Mar 16: Registration Begins for February classes
Mar 17: Birthday Party
Mar 20: Senior Center Idols - Karaoke, 10:30 am
Mar 24: Monterey Bay Aquarium Trip
Mar 25: Registration begins for **NEW** trips being offered
Mar 30: Black Oak Casino Trip

Apr 1: Bingo, 1:00 pm (also April 8, 15, 22, 29)
Apr 2: Local Shopping Trip, 10:30 am
Apr 3: Wally's Rhythm Rascals, 10:30 am
Afternoon Dance, 1:30-3:30 pm
Apr 7: Mercury Thermometer Exchange Event, 11 am-1 pm
Evening Bingo Session, 6:00 pm
Apr 14: Newcomers Welcome, 10:30 am
Apr 17: Senior Center Idols - Karaoke, 10:30 am
Apr 21: Birthday Party
Apr 27: Jackson Rancheria Casino Trip
Apr 30: Golden Gate Fields Trip
AARP Driving Class (& May 1)
May 2 Festival of the Arts



Barbara Lee Senior Center
540 S. Abel St.
Milpitas, CA 95035

MILPITAS
Parks & Recreation
Services Department
The Opportunities Are Endless...